

Lasagna Casserole

Preheat your oven to 375 degrees if made fresh or 350 if cooking from frozen. You will need a 9" x 13" baking pan (or two 8" x 8" for smaller portions), preferably glass. We recommend investing in a roll of unbleached parchment paper to put between aluminum foil and food so you don't get aluminum in your food.

Ingredients:

- 1 pound ground organic grass fed beef, cooked and drained
- 1 pound organic cottage cheese, drained
- 1 pound shredded organic mozzarella cheese
- 128 ounce can of organic tomato puree
- 1 can organic tomato paste
- 4 cloves of freshly chopped organic garlic or 1 teaspoon organic garlic granules
- 1 teaspoon dried organic oregano
- 1 teaspoon dried organic Italian seasoning
- A pinch of sea salt and pepper to taste
- 1 medium organic eggplant, peeled and sliced thinly lengthwise
- 1 container sliced organic mushrooms
- 4 small organic zucchini, sliced lengthwise

In a medium bowl, mix the tomato puree, tomato paste, garlic, oregano, Italian seasoning, salt and pepper together. Spread $\frac{1}{4}$ of the mixture in the bottom of the glass pan. Layer over this $\frac{1}{2}$ of the eggplant and zucchini and cover that with another $\frac{1}{4}$ of the tomato mixture. Spread the ground beef, uncooked mushrooms and drained cottage cheese over that layer and cover with another $\frac{1}{4}$ of the tomato mixture. Top that with the remaining $\frac{1}{2}$ of the eggplant and zucchini and the last $\frac{1}{4}$ of the tomato mixture, followed by the shredded mozzarella cheese. Cover and bake for 45 minutes if freshly made, or if you are baking it from a frozen state, bake it for 1 to 1 1/4 hours. Remove the cover halfway through to help the cheese brown and the juices reduce. If you are using a glass pan and cooking it from a frozen state, put your casserole in the oven before you preheat the oven to prevent it from cracking.